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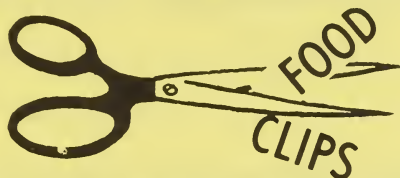
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

December 10, 1973



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For an attractive asparagus salad, you should start with U.S. Grade A or Fancy asparagus spears. Their color is bright and uniform, the heads tight, and the spears free from tough fibers, according to the U.S. Department of Agriculture standards.

* * *

If you receive avocados for a holiday gift--don't put them "as is" in the freezer. Make puree and use it unsweetened for salads and sandwiches, sweetened for ice cream and milk shakes. Avocados are not satisfactorily frozen—whole or sliced. USDA suggests that you select avocados that are soft ripe—not hard or mushy—with rinds free from dark blemishes. Peel the fruit, cut in half, and remove the pit—then mash.

* * *

Don't overlook some of the advantages of using instant nonfat dry milk. It prevents waste, requires small storage space, is high in protein and low in fat and needs no refrigeration in dry form.

* * *

Did you know that you can freeze cranberries? Choose firm ones that have deep red berries with glossy skins; then stem and sort, wash and drain. You may pack them into containers without sugar.

PUMPKIN SEEDS —In Research

What do you say to a naked pumpkin? Actually, not a naked pumpkin, but a pumpkin with naked seeds, a special characteristic for which "Lady Godiva" pumpkins were developed by USDA's Agricultural Research Service (ARS).

Toasted pumpkin seeds have become an increasingly popular food, but it takes a real aficionado to shuck the hard seedcoats. Lady Godiva seeds are hull-less. No coats—no problem. And pumpkin seeds are a nutritious food, ranking high both in quantity and quality of protein.

Waste not--want not? When you're finished eating the seeds, the rest of "Lady Godiva" can be used as a livestock feed. The flesh of this pumpkin is too coarse for pies, but further ARS research is underway to combine the naked-seed characteristic with the good eating quality found in the flesh of other pumpkin varieties.

"Lady Godiva" can be grown throughout the country, but the gourmet seed industry is concentrated largely in California. Seeds for "Lady Godiva" appeared in some seed catalogues this year and should be available through more catalogues next spring.

COST OF FOOD AT HOME FOR A WEEK (October)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$23.80	\$30.40	\$37.00
Elderly couple.....	19.50	25.50	30.20
Family of 4 with preschool children.....	34.50	44.00	53.20
Family of 4 with elementary school children.....	39.90	51.30	62.60
Individuals*			
Women			
20-34 years.....	10.00	12.80	15.30
35-54 years.....	9.60	12.40	14.80
55 years and over.....	8.10	10.70	12.60
Men			
20-34 years.....	11.60	14.80	18.30
35-54 years.....	10.70	13.80	16.70
55 years and over.....	9.60	12.50	14.90
Children			
1-2 years.....	5.90	7.40	8.90
3-5 years.....	7.00	9.00	10.70
6-8 years.....	8.50	10.90	13.60
9-11 years.....	9.80	12.80	15.40
Girls 12-19 years.....	10.70	13.80	16.50
Boys 12-19 years.....	12.40	16.10	19.30

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.

IT'S SAFETY FIRST!

—For The Holidays

Holidaytime for fun, fellowship, and family get-togethers — or, a time for accidents because people are rushing to get work done, take care of shopping and errands, or off to parties? Many holiday accidents can be avoided, according to the U.S. Department of Agriculture and the National Safety Council who are working together to help families avoid accidents.

The Extension Service of USDA offers tips to remember to enjoy a safe holiday season:

AROUND THE HOUSE

- Inspect and maintain home heating, electrical systems and electrical appliances to avoid fire and shock hazards.
- Keep stairs and trafficways clear. Use sturdy stepladders.
- Take it slow when carrying heavy or bulky packages.
- Don't wear slippery footwear or garments that could trip you.
- Make special efforts to protect senior citizens and small children from home hazards during the holidays.

IN SERVING FOOD

- Keep hot foods hot, 140° F or above. Keep cold foods cold, 40° F or lower.
- Defrost turkey and other fowl in the refrigerator.
- Remove stuffing from leftover birds before storing.
- Place all leftovers in the refrigerator immediately.

WHEN DECORATING

- Use a fresh Christmas tree (needles shouldn't be shedding), or a flame-resistant artificial tree.

IT'S SAFETY FIRST (cont.)

- Create home-made decorations with reflections that require little or no lighting.
- Water-type tree stands are best.
- Set the tree so it won't tip over.
- Discard lights with frayed wires. Use light strings that have the Underwriters Laboratory Seal of Approval. Use reflective paper instead of lights.
- Never use strings of lights on a metallic tree.
- Don't place tree near an open fire, electric or gas heater, or in household traffic lanes.
- If you plan to have Christmas tree lights, turn them on for short periods.
- Turn off tree lights before going out or to bed.

ON THE STREETS

- Avoid walking alone, even when shopping: plan trips with neighbors to share a car when shopping, thus cut down on fuel use -- and on accidents.
- Don't jaywalk, ever.
- Wear bright colored clothing at night.
- Avoid narrow walkways between buildings at all times. Walk a distance from an alley or shrubbery.
- Carry purse close to body or under coat. Hold so that clasp will be next to you.
- Avoid using public restrooms when alone at night.
- Leave the shopping center before the stores close. Planned shopping lists will get you off the streets earlier and home.

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